



The Physical Connection Between Movement and Academic Achievement

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Why is Physical Activity So Important?

- Helps to establish connections between different parts of the brain
- Improves concentration and thinking skills
- Improves confidence and self-esteem
- Relieves stress and promotes relaxation
- Provides opportunities to develop social skills and make friends
- Improves sleep.





Research* Shows that Increasing Physical Activity Can:

- Improve Academic Performance
- Decrease Absenteeism
- Decrease Drop-Out Rates
- Prevent and Reduce Childhood Obesity

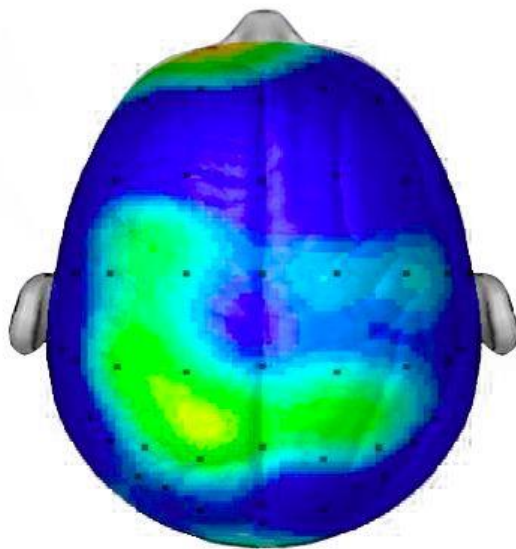
The CDC, Columbia University, the New York City Health Department and Department of Education, the Universities of Illinois, West Virginia, and California have all published research that stands behind the need for physical education and physical activity in the school system.



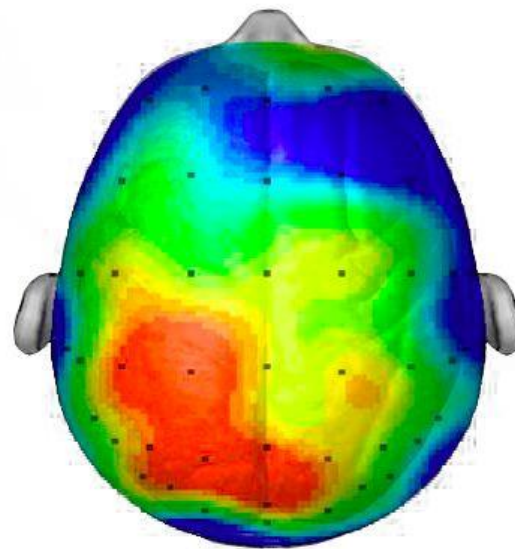
Which is More Appealing?



Composite of 20 student brains taking the same test



After sitting quietly



After 20 minute walk

Research/Scan compliments of Dr. Chuck Hillman University of Illinois



How Active Are Kids?

- Only 29% of high school students achieve the recommended 60 minutes per day every day of the week.
- Only 31% of high school students attend physical education daily.
- 26% of elementary schools did not provide regularly scheduled recess for students in all grades.
- Only 44% of elementary schools had students participate in regular physical activity breaks during school.
- Only 44% of all schools supported or promoted walking/biking to school.





How can my school increase Physical Activity?

- Physical Education Classes
- Walking/Biking to School
- Before School/After School Activity Clubs
- Classroom Physical Activity Breaks
- Provide Daily Active Recess for 20 minutes (K-6)
- Intramural Sports, Interscholastic Sports (6-12)

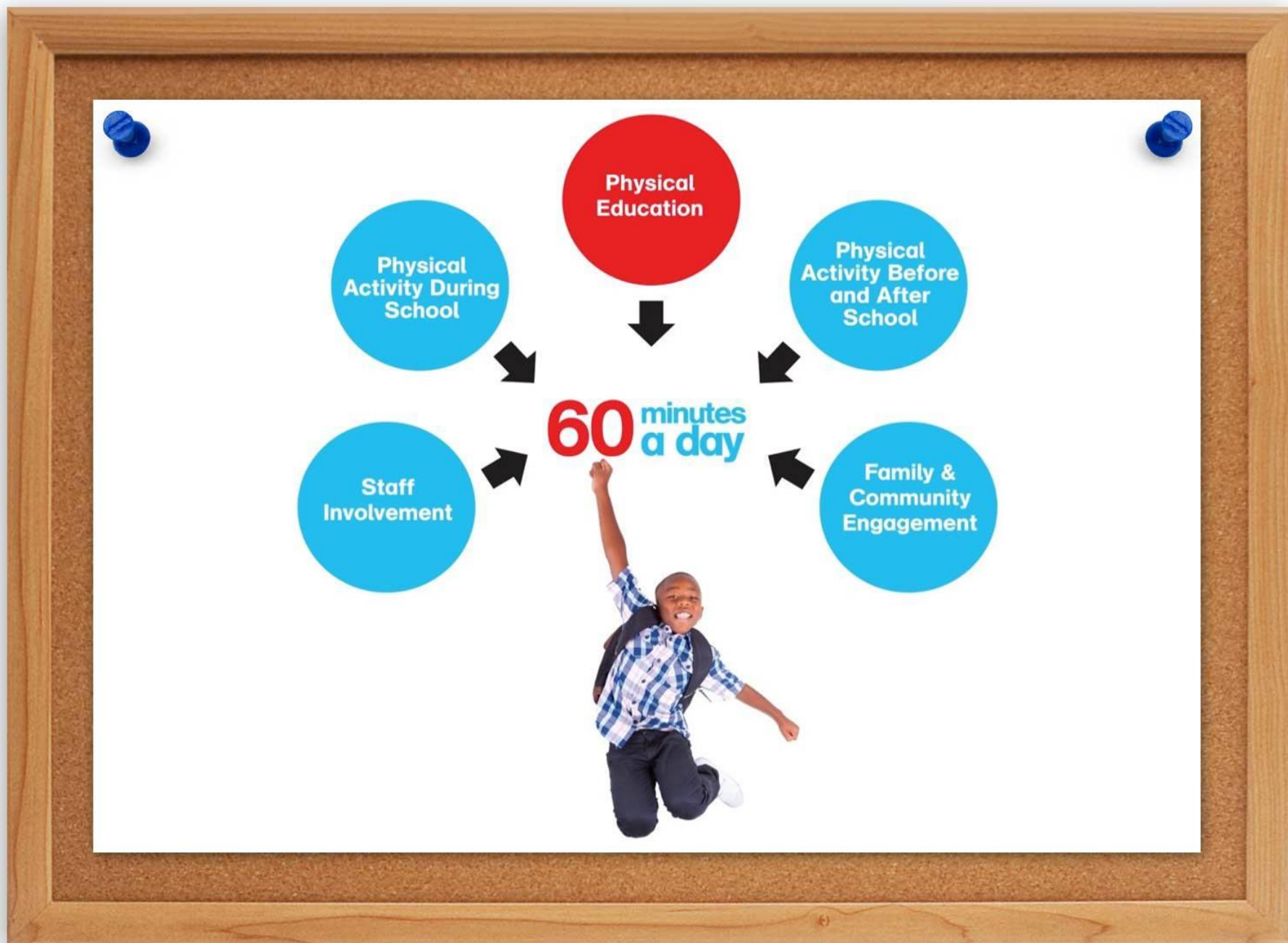


Healthology
School health in action.

ARIZONA'S COORDINATED SCHOOL HEALTH PROGRAM

Implement a Comprehensive School Physical Activity Program?

A CSPAP is a systemic approach by which schools use all opportunities for school-based physical activity to develop physically educated students who participate in the nationally recommended 60 minutes of physical activity each day and who develop the knowledge, skills and confidence to be physically active for a lifetime.



Showtime Energizer!

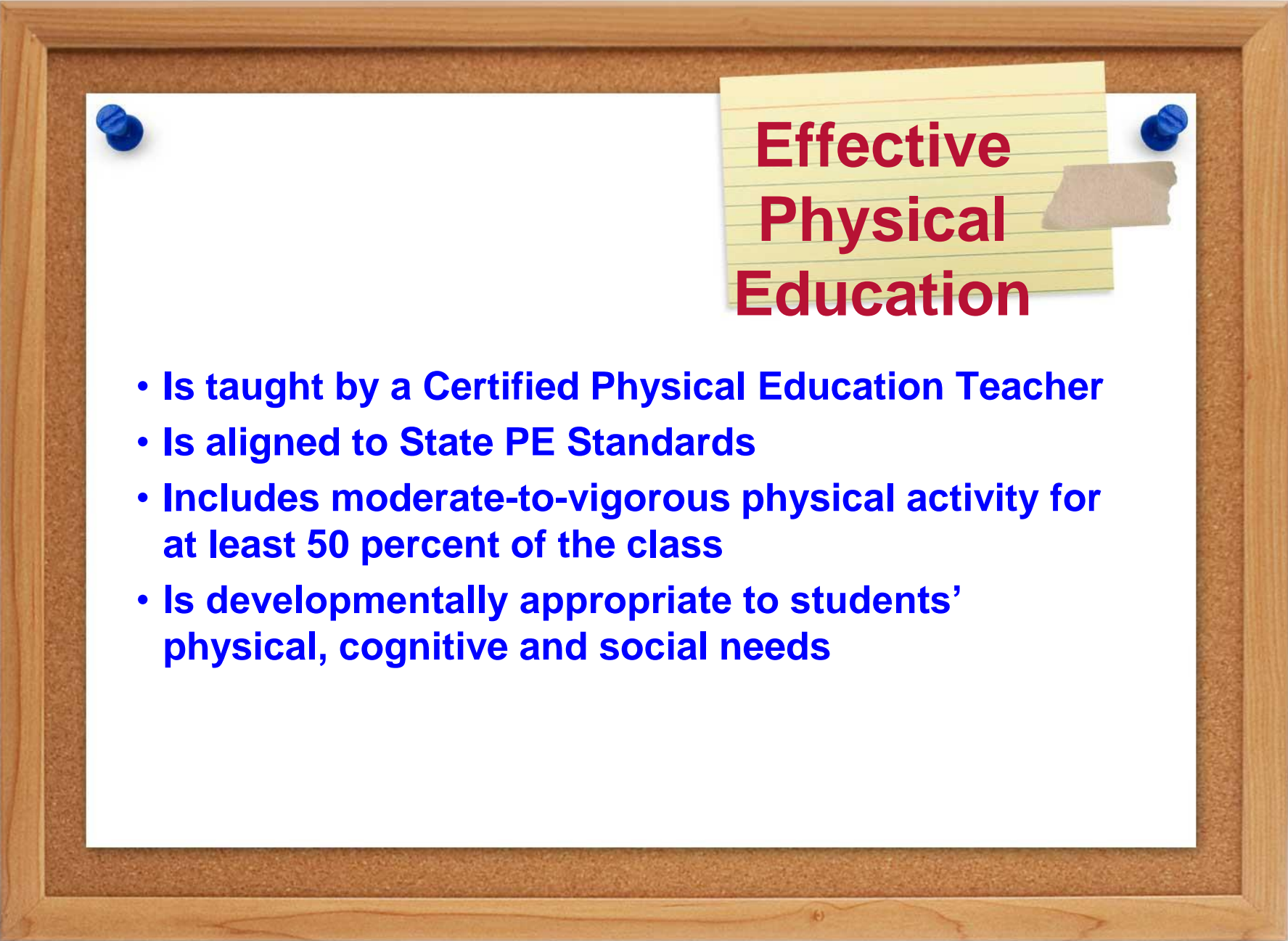




Exploring the 5 Components of a CSPAP

1. Effective physical education
2. Physical activity during school
3. Physical activity before and after school
4. Staff involvement
5. Family and community engagement






Effective Physical Education

- **Is taught by a Certified Physical Education Teacher**
- **Is aligned to State PE Standards**
- **Includes moderate-to-vigorous physical activity for at least 50 percent of the class**
- **Is developmentally appropriate to students' physical, cognitive and social needs**

PA During School

- Activity Segment in the Morning Announcements
- Classroom Physical Activity Breaks
- Daily Active Recess that's 20 minutes in length
- Provide opportunities for intramural sport activities during lunchtime
- Active transition time



PA Before/After School

- **Promote Walking/Biking to School**
- **Physical Activity Clubs**
- **Intramural Sports**
- **Interscholastic Sports**
- **Before and After School Programs**
- **Community Based Sports Programs**

Staff Involvement

- Staff Support of PA
- Employee Wellness
- Use of School Facilities
- Role Models





Family and Community Engagement

- **PTA Involvement with Fundraising**
- **Health Fairs**
- **Walking School Bus**
- **Community Partnerships**
- **Opening School Facilities (Joint/Shared Use Agreements)**

7 Design Filters For an Early Positive Experience

- 1. Universal Access:** Design for the hardest to reach.
- 2. Age Appropriate:** Six is not sixteen. Make it fit.
- 3. Dosage & Duration:** Getting to optimal.
- 4. Fun:** Let kids be kids.
- 5. Incentive & Motivation:** Make them want it.
- 6. Feedback to Kids:** How am I doing?
- 7. Teach/Coach/Mentor:** Make or break. It's all in the teachers.



Classroom Physical Activity Resources

- [GoNoodle](#)
- [Brain Breaks](#)
- [Fit for a Healthier Generation](#)
- [Let's Move Active Schools](#)

Questions?

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